

Meat and Poultry Roasting Charts

Raw meat and poultry should always be cooked to [a safe minimum internal temperature](#). Always use a food thermometer to assure that meat and poultry have reached a safe minimum internal temperature. When roasting meat and poultry, set the oven temperature to 325 °F or higher. Explore the charts below to learn how to get great results every time you cook.

Note: The information on **this page does not include foods containing ground meat and poultry**, including meatloaf and sausage. Check the [safe minimum internal temperature chart](#) for safe cooking temperatures and rest times for all meat and poultry, seafood, and other cooked foods.

Meat Charts

Beef, Lamb, Pork and Veal Roasting Chart

Minimum internal temperature = **145 °F**.

Allow to rest for at least **3 minutes**.

Type	Oven °F	Timing
Beef		
Rib roast, bone-in 4 to 6 lbs.	325	23 to 25 min/lb.
Rib roast, boneless 4 to 6 lbs.	325	28 to 33 min/lb.
Round or rump roast 2 ½ to 4 lbs.	325	30 to 35 min/lb.
Tenderloin roast, whole 4 to 6 lbs.	425	45 to 60 minutes total
Lamb		
Leg, bone-in 5 to 7 lbs. 7 to 9 lbs.	325	20 to 25 min/lb. 10 to 15 min/lb.
Leg, boneless, rolled 4 to 7 lbs.	325	25 to 30 min/lb.
Shoulder roast 3 to 4 lbs.	325	30 to 35 min/lb.
Fresh Pork		

Minimum internal temperature = **145 °F**.

Allow to rest for at least **3 minutes**.

Type	Oven °F	Timing
Loin roast, bone-in or boneless 2 to 5 lbs.	350	20 min/lb.
Crown roast 10 lbs.	350	12 min/lb.
Tenderloin ½ to 1 ½ lbs.	425-450	20 to 27 minutes total
Boston butt 3 to 6 lbs.	350	45 min./lb.
Ribs 2 to 4 lbs.	350	1 ½ to 2 hours (or until fork tender)
Veal		
Rib roast 4 to 5 lbs.	325	25 to 27 min/lb.
Loin 3 to 4 lbs.	325	34 to 36 min/lb.

Ham Cooking Chart

Set oven temperature to **325 °F**

Type	Weight	Timing
Smoked Ham, cook before eating		
Cook to a minimum internal temperature of 145 °F and allow to rest for at least 3 minutes.		
Whole, bone-in	10 to 14 lbs.	18 to 20 min/lb.
Half, bone-in	5 to 7 lbs.	22 to 25 min/lb.
Shank or butt portion, bone-in	3 to 4 lbs.	35 to 40 min/lb.
Arm picnic shoulder, boneless	5 to 8 lbs.	30 to 35 min/lb.
Shoulder roll (butt), boneless	2 to 4 lbs.	35 to 40 min/lb.
Smoked Ham, cooked		
Reheat cooked hams packaged in USDA-inspected plants to a minimum internal temperature of 140 °F and all others to 165 °F.		
Whole, bone in	10 to 14 lbs.	15 to 18 min/lb.
Half, bone in	5 to 7 lbs.	18 to 24 min/lb.
Arm picnic shoulder, boneless	5 to 8 lbs.	25 to 30 min/lb.
Canned ham, boneless	3 to 10 lbs.	15 to 20 min/lb.
Vacuum packed, boneless	6 to 12 lbs.	10 to 15 min/lb.
Spiral cut, whole or half	7 to 9 lbs.	10 to 18 min/lb.
Fresh ham, uncooked		
Cook to a minimum internal temperature of 145 °F and allow to rest for at least 3 minutes.		
Whole leg, bone in	12 to 16 lbs.	22 to 26 min/lb.
Whole leg, boneless	10 to 14 lbs.	24 to 28 min/lb.

Set oven temperature to **325 °F**

Type	Weight	Timing
Half, bone in Country ham	5 to 8 lbs.	35 to 40 min/lb.
Cook to a minimum internal temperature of 145 °F and allow to rest for at least 3 minutes.		
Whole or half	<ol style="list-style-type: none">1. Soak 4 to 12 hours in refrigerator.2. Cover with water, then boil 20 to 25 minutes per pound.3. Drain the ham and cook at 400 °F for 15 minutes to brown.	

Poultry Charts

Poultry Roasting Chart

The times shown below are for unstuffed poultry. Add 15 to 30 minutes for stuffed birds. The internal temperature should reach 165 °F in the center of the stuffing.

Minimum internal temperature = **165 °F**

Check the internal temperature in the innermost part of the thigh, innermost part of the wing, and thickest part of the breast.

Type	Oven °F	Timing
Chicken, whole 3 to 4 lbs 5 to 7 lbs.	350	1 ¼ to 1 ½ hours 2 to 2 ¼ hours
Chicken, breast halves, bone-in 6 to 8 oz.	350	30 to 40 minutes
Chicken, breast halves, boneless 4 oz.	350	20 to 30 minutes
Capon, whole 4 to 8 lbs.	350	2 to 3 hours
Cornish hen, whole 18 to 24 oz.	350	50 to 60 minutes
Duck, whole (do not stuff) 4 to 6 lbs.	350	30 to 35 min/lb
Duck, legs or thighs	325	1 ¼ to 1 ½ hours
Young goose, whole 8 to 12 lbs.	325	2 ½ to 3 hours
Young goose, pieces or cut up	325	2 hours

Turkey Roasting Time by Size

Set oven temperature to **325 °F**.

Minimum internal temperature = **165 °F**

Turkey Size	Unstuffed	Stuffed
4 to 6 lbs. (breast)	1 ½ to 2 ¼ hours	Not usually applicable
6 to 8 lbs. (breast)	2 ¼ to 3 ¼ hours	3 to 3 ½ hours
8 to 12 lbs.	2 ¾ to 3 hours	3 to 3 ½ hours
12 to 14 lbs.	3 to 3 ¾ hours	3 ½ to 4 hours
14 to 18 lbs.	3 ¾ to 4 ¼ hours	4 to 4 ¼ hours
18 to 20 lbs.	4 ¼ to 4 ½ hours	4 ¼ to 4 ¾ hours
20 to 24 lbs.	4 ½ to 5 hours	4 ¾ to 5 ¼ hours

Turkey Thawing Time

To thaw in a refrigerator, allow about **24 hours for every 4 to 5 pounds**.

For cold water thawing, allow about **30 minutes per pound**. A turkey thawed in cold water should be cooked right after thawing.

Turkey Size	Thaw in Refrigerator (set to 40 °F or below)	Thaw in Cold Water (change water every 30 minutes)
4 to 12 lbs.	1 to 3 days	2 to 6 hours
12 to 16 lbs.	3 to 4 days	6 to 8 hours
16 to 20 lbs.	4 to 5 days	8 to 10 hours
20 to 24 lbs.	5 to 6 days	10 to 12 hours

Date Last Reviewed

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